



**Sam Houston High School
Broncos Soccer
Pre-season Booklet
2016/17 Season**

Women's Program

Division II Bi District Playoffs – 2004

Division II Regional Playoffs – 2005, 2016

Division II Quarter Finals – 2003, 2006, 2007

Men's Program

Division I Bi District Playoffs - 2012

Division II Bi District Playoffs – 2006, 2007

Introduction

This is supplemental information provided to all Sam Houston Soccer Players. The school sponsor will provide detailed participation information to all players. This information outlines the additional expectations for all players.

Information for Players

Scholastic Expectations

- All players must maintain a credible GPA. It is the student's responsibility to notify the coach of any extra consideration for scholastic needs. The team GPA goal for the season is 3.25, do your part.

Training

- Training uniforms are required. Players, white Training shirt, black shorts, white socks. Colored trim on shorts and socks is OK.
- When the season starts, and players are released to begin soccer, the team will train five days per week, Monday through Friday.
- All players need to bring soccer cleats; approved shin guards, water, and a positive attitude.
- Players must come fit and ready to play. Our season begins quickly and we cannot afford to get players in shape, players need to prepare in the off-season.

Team Selection

- Due to players not being released at the beginning of the season, a set try-out date will not be set. Players will be evaluated daily to assess their level of effort, improvement, and commitment to the team.
- Teams will be selected by the coaching staff. The coaching staff will look for players that will be positive representatives of Sam Houston High School. Fitness, Attitude, Playing ability, and commitment will be considered. We expect our teams to produce a highly competitive training environment.

Player Responsibilities

- Compliance with the coach and school expectations
- Treat opponents, teammates, and referees with respect.
- Bring necessary equipment to practice: Shin guards, cleats, etc...

Attendance

- 100% attendance is required
- Absences are very rarely excused. For each unexcused absence, there may be a playing time penalty.
- Work is not excused.
- School related functions are excused, family vacations are not. If you are gone for an extended period of time others may move ahead of you. This is not a punishment; it is the nature of athletics.

- Make every effort to schedule any appointments to not conflict with practice or competition.
- Please do not schedule family vacations in conflict with games or scheduled training.
- Each player is expected to support the entire program.
 - Home Matches. All players are expected to attend all home matches. If you play the second match only you are expected to arrive 15 minutes prior to the start of the first match. If you only play in the first match, you are expected to stay for the duration of the second match.
 - Away Matches. You are only required to travel with the team if you have a match. You are welcome to travel and attend games if you don't have a scheduled match.
- Travel. You ***must*** travel on the bus to all away games. We highly encourage players to travel back to the school after the match on the team bus. However, you may travel home with your parents if you provide a note from your parent prior to the bus leaving the school.

Playing Time

- No one is guaranteed playing time.
- Varsity – playing time is determined by the head coach. The coach will make all decisions regarding playing time. Playing time is not a topic that will be discussed with parents. Playing time and expectations will be communicated to the players.
- Junior Varsity – These levels are looked at as developmental by the coaching staff. Every attempt will be given to get all players into the game. Time will be based on practice performance, attitude, and ability. It will be given in a manner that will keep the game competitive.

Captains

- Varsity Captains will be selected by the coaching staff based on a player's ability to lead and set positive examples for their teammates. Captain candidates will have to show leadership off the field as well as on.

Miscellaneous

- All players are responsible for equipment and general care.
- Teams will have some evening team building exercises, this is a practice, and players are required to be at these functions unless they clear it with their coach ahead of time.
- There will be an end of the year banquet, for players and parents, please make sure it is on your schedule.
- There is a chain of command in the Bronco Soccer program. At all times the player needs to address their coach with any concerns. A meeting with a parent will not be a possibility unless the player has met with the coach first. Communication is the key and we will follow those lines of communication.
- Playing time is based on the needs of the team not the player. Some players may not get much playing time during a season; the coach will let them know areas of improvement. Playing time, however, is determined by the coach, based on the assessment of the game conditions and player's ability to compete.

Information for Parents

Parental support is the key to peak performance. The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, the Bronco soccer program has taken some time to write down helpful reminders for all of us to remember during the season.

As the season begins:

As a parent ask yourself the following questions:

1. Do I want my son or daughter to play soccer? If so, why?
2. What will be a successful season for me as a parent?
3. What are my goals for my son or daughter?
4. What do I hope they gain from the experience?
5. What do I think their role on the team will be?

After you, the parent have answered these questions for yourself; remember your answers, when you have some quiet uninterrupted time with your son or daughter ask them the following questions:

1. Why are you playing?
2. What is a successful season?
3. What goals do you have?
4. What do you think your role will be on the team?

Once you have heard your son's or daughter's answers and compared them to your own, if both sets of responses are the same, great. However, if your responses are different, you need to accept theirs.

Release your son or daughter to the game and to the coach. By releasing them to the game and the coach, you are telling them that all successes are theirs, all failures are theirs, and all problems are theirs.

Be your son's or daughter's #1 fan before, during and after the game!

Support them unconditionally. Making mistakes is part of learning. Recognize what they are trying to do, not the results. Pick two or three positive things that they did during the game. When you see them after the game you can comment on those positives. They may not want to talk about the game until the next day, respect that and give them some space. If they want to talk about the game, let them initiate the communication.

Support and cheer for all players on the team:

Foster teamwork. Their teammates *are not* the enemy. When your player is on the bench, they have a wonderful opportunity to learn. If your player hears you being critical, it will make her more critical of other teammates.

Encourage communication with the coaches: (Chain of Command)

If your son or daughter is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a responsible player. By handling off-field tasks, they are claiming ownership of all aspects of the game-preparation as well as playing the game.

Understand and display appropriate game behavior:

Remember your child's self-esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of their abilities, a player needs to focus on the parts of the game that they can control (i.e. fitness, positioning, decision making, skill, aggressiveness, technique). If they start focusing on what they cannot control (i.e. field condition, referee, weather, opponent), they will not play up to their ability. Players need the freedom to think for themselves if they are to learn and grow as soccer players. It is easy to get emotional in a game but remember it is confusing to a player to have many adults yelling different things to them.

Monitor eating and sleeping habits:

Please ensure that they are eating the proper foods and getting adequate rest.

Help them keep their priorities straight:

Help your son or daughter maintain a focus on schoolwork, relationships, and other things in life besides soccer. Also, if they have made a commitment to soccer, help them fulfill their obligation to the team.

Keep soccer in its proper perspective:

Soccer should not be larger than life for you. **If your son's or daughter's performance produces strong emotions in you, please suppress them.** Remember your relationship will continue with your child long after their competitive soccer days are over. **Keep your goals and needs separate from their experience.**

Have fun:

This is what we will be trying to do! We will try to challenge players to reach past their "comfort level" and improve as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too!

Pick one: You can only be one of four things at our soccer matches.

- A. A player,
- B. A coach,
- C. An official, or
- D. A spectator.

You are not a player or you would be with us on the bench. If you want to be an official, get certified and be an official, but the game tonight is covered so we do not need you to be one. You cannot be the coach that is our job, so be a spectator and model appropriate behavior, be poised and confident, be the calm in the eye of the storm.

Let the coach's coach:

Leave the coaching to the coaches; think of the coach as the teacher in this activity. It is the coach's responsibility to focus on specifics and the parents' responsibility to praise the players for their efforts. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing and their performance usually declines. Another thing to remember when your player plays for different teams is that they may have different roles within the teams. A forward for one may be a defender for another. They will be placed according to their strength but also where they can help the team.

*The players need to have one instructional voice, "The voice of the Coach."

Red Flags: Here are some red flags that say you have not released your son or daughter to the game and to the coach.

- You try to resolve their problems, taking away a chance for them to grow.
- You take credit or share in the credit when they do something well.
- Do you continue to try and coach them after they think they know everything?
This usually happens around 9th grade, for girls typically in the 4th grade
- Do you yell at officials? To the kids it is one adult yelling at another adult in a public arena where we are supposed to be teaching sportsmanship and fair play.
- Is the outcome of the game more important to you, than your player?

Closing Remarks

We are looking forward to the 2016/17 season and are committed as a coaching staff to building a tradition of soccer excellence at Sam Houston High School. Working together we have the opportunity make this a season of significance. Welcome to the Broncos Soccer Program.

SHHS Women's Coaching Staff – Andy Lavin & Stephanie Deters

SHHS Men's Coaching Staff – Logan Clark & John Mekins